**Sweet potatoes tortilla with black beans and avocado**

**Sweet potatoes tortilla**

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**Ingredients:**

1 medium sweet potatoes, boiled

200g plain flour

**Method:**

1. To a mixing bowl, add the mashed sweet potato and the flour and stir until well-combined. Use your hands to form a dough ball. It should not be too sticky.
2. Separate the dough ball into 5 equal parts. Dust your working surface with flour and roll out each tortilla with a rolling pin (they should be roughly 1/2 cm thick). Don't make them too thin, otherwise they won't be as soft and flexible.
3. Place the tortillas in a hot pan over medium-high heat and cook for 1 minute on both sides. Stack the cooked tortillas on a plate covered with a clean kitchen towel while you cook the rest. This will allow them to stay very flexible.

**Black beans and Avocado**



**Black beans and Avocado salsa**

**Ingredients:**

* 1 tablespoon oil
* 1/2 onion chopped
* 1 red pepper chopped
* 1 tablespoon tomato puree
* 1 clove garlic minced
* 1 can black beans drained
* 1/2 tsp cumin, 1/2 tsp paprika, 1/2 tsp chili powder
* Salt and pepper to taste

**For the avocado salsa**

* 1 avocado pitted and chopped
* 1 small tomato chopped
* 2 tablespoons fresh coriander
* Juice of 1 lime
* Few salad leaves

**Method:**

* Heat the oil in a large pan on a medium/low heat.
* Add the onion, pepper and garlic and cook for 2/3 minutes
* Add the beans and seasoning , and cook for another 2/3 minutes
* Remove from the heat and cool for few minutes before assembling
* In a medium bowl, combine the avocado, coriander, tomato and lime juice and mash with a fork